

MONTHLY SMALL GROUP GATHERINGS

Day of Month	Time	Location	Group Name	Description
First and Third Sundays	11:30 am	Library	YANG (Young Adult Northwoods Group)	Informal gathering of young adult members and friends of Northwoods. Check in, community, and conversation—and snacks!
First and Third Sundays	6 pm-7:30 pm	Zoom	Buddhist Meditation Group	Guided meditation, followed by silent meditation. Reading various books on meditation, mindfulness, etc.
First Monday	6pm	Garden Room	Mother's Discussion Group	A space for those who navigate the journey of motherhood to connect, share experiences, and engage in meaningful conversations. Whether you're seeking insight, camaraderie, or just a place to be heard, you're invited to join us.
First Wednesday	6:30pm	Library	Yarn, Thread, and Fabric Makers Meetup	Just what it sounds like—bring a craft, enjoy good company, talk about yarn...you get the idea!
First Friday	11:30-1:30ish	Ome Calli coffee	Ome Calli coffee meetup	Have coffee with friends! Tasty brew, vegan bites and connection.
First Saturday	10am	Garden Room	Men's Book Club	The Men's Book Club reads a wide variety of both fiction and nonfiction books. We have about 15 members who are mostly retired professionals. We select the books once a year by voting on nominations from the members. Each month a different person leads the discussion of that month's book.

Second and Fourth Mondays	5 pm	Garden Room	UUplift	The group is reading and discussing Held: Showing Up for Each Other's Mental Health by Barbara F. Meyers, focused on building community, fostering connection, and supporting those in need. Participants may personal experiences, with a strong emphasis on breaking isolation and the impact of social connection on well-being.
Second and Fourth Mondays	6:30pm	Library	Poetry Group	Have you ever been drawn to Have you ever been drawn to a poem? Maybe you'd like to work on your own, and share and grow in a non-instructional, collaborative and safe group? Join us and try it out!
Second Monday	7pm	Garden Room	Courageously Coed Book Club	The Coed Book Club invites anyone who likes to read and discuss novels to join us. We have in common a love of reading and talking about books—appreciating good writing that offers a glimpse into the lives, worlds and ideas of others. We also appreciate the communal experience of the group and getting to know each other in a different setting at Northwoods.
Second Wednesday	6pm	Library	Writers Group	The best thing about the folks at Northwoods is that they make things up! Wait...no... it's that they're fine individuals with limitless imagination! In either case, the Northwoods Writing Group would like to welcome those with stories to share. We meet once a month for critique, encouragement, and inspiration for the written word.
Second Wednesday	7pm	Garden Room	DUUDES Group	A welcoming space for masc- and male-identifying folks to connect, share experiences, and support one another in a relaxed, judgment-free environment as well as serve Northwoods and the greater community.. Whether you're looking for community, conversation, or just a place to be yourself, this group is here for you.

Second Saturday	7 pm	Sanctuary	Millbend Coffee House (\$)	Millbend Coffeehouse is a non-profit venue hosted at Northwoods on the Saturday of every month, dedicated to bringing the finest in national and local acoustic/folk songwriters and performers to our informal and intimate setting. Suggested donations vary, and after paying our musical guest, all proceeds go to local charities.
Third (and 1 st) Sunday	11:30 am	Library	YANG (Young Adult Northwoods Group)	Informal gathering of young adult members and friends of Northwoods. Check in, community, and conversation—and snacks!
Third (and 1 st) Sunday	6 pm-7:30 pm	Zoom	Buddhist Meditation Group	Guided meditation, followed by silent meditation. Reading various books on meditation, mindfulness, etc.
Third Monday	6pm	Garden Room	Mom's Support Circle	Offers a supportive, judgment-free space for those in mothering roles to share challenges, celebrate joys, and build community. No matter where you are on your parenting journey, you don't have to do it alone.
Third Saturday	10am	Zoom	Women's Book Club	The Women's Book Club has been meeting monthly since 2001. We select books every 3-4 months based on a democratic voting process. Meetings run approximately 90 minutes.
Fourth (and 2 nd) Mondays	5 pm	Garden Room	UUplift	The group is reading and discussing Held: Showing Up for Each Other's Mental Health by Barbara F. Meyers, focused on building community, fostering connection, and supporting those in need. Participants may personal experiences, with a strong emphasis on breaking isolation and the impact of social connection on well-being.
Fourth (and 2 nd) Mondays	6:30pm	Library	Poetry Group	Have you ever been drawn to a poem? Maybe you'd like to work on your own, and share and grow in a non-instructional, collaborative and safe group? Join us and try it out!

Every Tuesday	4pm	Sanctuary	Blue Mountain Meditation Group	This group practices Passage Meditation as developed by Eknath Easwaran. You can learn more at the website bmcm.org . All are welcome during this silent meditation time, but please check to see if this a comfortable fit for your spiritual journey.
Every Saturday	10am	Zoom	Empathy Circle	Join us for a transformative online gathering, designed for anyone seeking compassionate listening and meaningful connection. Each session begins with a brief introduction to an empathy process rooted in Nonviolent Communication, followed by dedicated practice time.
Friday closest to the full moon	7pm	Sanctuary	Drum Circle	A spiritual practice group for anyone who wants to celebrate community by making some noise together. All experience levels, ages and abilities are welcome. Drumming lasts about an hour, is liberating, and uplifting. We have plenty of drums and shaky things to share or bring your own. If the weather cooperates, we occasionally drum outside. Children who can do what the adults are doing are also very welcome.
Tuesday or Friday, varies	Different each month	Location varies	Taco Tuesday / Food Truck Friday	Just what it sounds like- meet up, eat food, hang out! Dates and locations vary, but this happens at least once a month, so check your monthly calendar